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# Introducing the Nutrition Facts Food Label to Youth Audiences

Teaching Packet

<b>Nutrition Facts</b>				
Serving Size 1 cup (228 g)				
Servings Per Container 2				
<hr/>				
Amount Per Serving		% Daily Value*		
Calories 90	Calories from Fat 30			
<hr/>				
Total Fat 3g	5%			
Saturated Fat 0g	0%			
Cholesterol 0mg	0%			
Sodium 300mg	13%			
Total Carbohydrate 13g	4%			
Dietary Fiber 3g	12%			
Sugars 3g				
Protein 3g				
<hr/>				
Vitamin A 80%	•	Vitamin C 60%		
Calcium 4%	•	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
<hr/>				
Calories:	2,000	2,500		
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram				
<hr/>				
Fat 9	•	Carbohydrate 4	•	Protein 4



North Central Regional  
Publication No. 562

**United States  
Department of  
Agriculture**



**National Agricultural Library**

## Leader's Guide

# Introducing the Nutrition Facts Food Label to Youth Audiences

### Objectives

Participants will learn how to

- identify and use the Nutrition Facts food label,
- compare the serving size stated on labels with the amount they normally eat, and
- compare foods using the % Daily Values.

### Program Description

#### Unit 1. Introducing the Nutrition Facts Food Label

Poster, handout, worksheet and answer sheet for presentation and activity led by 9- to 18-year old (junior, intermediate or senior 4-H'er).

#### Unit 2. Serving Size

Supply list, worksheet, and answer sheet for activity led by 9- to 18-year old (junior, intermediate or senior 4-H'er).

#### Unit 3. Using % Daily Values

Poster and handout for presentation by 12- to 18-year old (intermediate or senior 4-H'er).

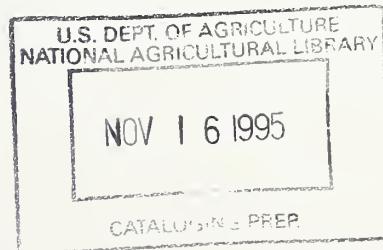
Worksheet and answer sheet for activity led by 9- to 18-year old (junior, intermediate or senior 4-H'er).

### Reference Materials

- *How to Read the New Food Label* six-minute video (FDA Food Labels, Field Version, February 1993). Order from Video Transfer, 5709-B Arundel Ave., Rockville, MD 20852 (FAX 301-770-9131).
- *Label Facts for Healthful Living Educator's Guide* and *Food Label Fact Sheet Booklet*. Order from The Mazer Corporation, Creative Services Division, 2501 Neff Road, Dayton, Ohio 45414 (FAX 513-276-3340).
- "The New Food Label & You," *Food News for Consumers*, Volume 10, Number 1-2, Spring-Summer 1993. (FSIS/ILA, Room 1180 South, U.S. Department of Agriculture, Washington, DC 20250).

#### • Publications

*Do you want to feel better?* NCR 560  
*How to use the new label*, NCR 559



# Introducing the Nutrition Facts Food Label to Youth Audiences

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Answer Guide (for Serving Sizes Activity Sheet)

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February 1995



## 1. Introducing the Nutrition Facts Food Label

### Goal

Participants will be able to locate the Nutrition Facts label on food products and identify label features.

### Presentation

- Audience: 9- to 18-year olds (junior, intermediate and senior 4-H'ers)
- Materials needed:
  - Nutrition Facts* sample label poster
  - New Food Labels Are Here* fact sheets
  - (Optional: food packages with Nutrition Facts label)
- What to say and do:
  - Display the poster showing sample food label.
  - Ask participants if they've seen the Nutrition Facts label on any foods.
  - Distribute copies of the fact sheet.
  - Discuss the parts of the label.
  - (Optional: Look at labels on food packages).
- Summarize with these points:
  - Nutrition Facts label is required on all packaged foods by May 1994.
  - Serving size determines the values given for each nutrient.
  - % Daily Value is a new concept that can be used to make healthy food choices.

### Activity

- Audience: 9- to 18-year olds (junior, intermediate and senior 4-H'ers)
- Materials needed:
  - Pencils
  - Copies of *Are You Ready for the New Food Labels?* worksheet
  - Answer sheet
- What to say and do:
  - If possible, plan activity to follow presentation.
  - Distribute pencils and worksheets.
  - Allow time for individuals to answer questions.
  - Review answers using answer sheet.
- Summarize with these points:
  - Nutrition Facts label is required on all packaged foods by May 1994.
  - Serving size determines the values given for each nutrient.
  - % Daily Value is a new concept that can be used to make healthy food choices.

## 2. Serving Size

### Goal

Participants will be able to compare the serving size on the label with the amount they normally eat as a serving, and determine the effect on their diets when the amount they usually eat is different from the stated serving size.

### Activity

- Audience: 9- to 18-year olds (junior, intermediate and senior 4-H'ers)

- Materials needed:

Pencils

Copies of *Serving Sizes Activity Sheet*

Supplies for each activity center

Ready-to-eat breakfast cereal box

1 large bowl containing 2 to 3 cups of cereal

2 cereal bowls (different sizes)

1 measuring cup for dry ingredients

...

1 quart of fruit juice

3 glasses (1 each: 6-ounce, 8-ounce, and 12-ounce)

1 glass 2-cup measure

...

1 large bowl of potato chips, corn chips, or cheese puffs plus original package

Paper plate or napkin

Food or postal scale or measuring cup (check how product serving size is measured)

...

1 quart of milk

3 glasses (1 each: 6-ounce, 8-ounce, and 12-ounce)

1 glass 2-cup measure

- What to say and do:

Set up the four activity centers.

Distribute pencils and *Serving Sizes Activity Sheet*.

Divide participants into 4 groups and send each to an activity center.

Ask participants to pour out the amount of food they normally eat, then measure that amount and write it on their worksheets. (Since the foods won't be eaten, each participant can pour out their portion, measure it and return the food to the package or container.)

As groups finish measuring their individual helpings, ask them to find the serving size on the product label, measure out that amount and record it on their worksheets.

Move groups so everyone visits all four centers.

Ask participants to complete the activity sheet, as appropriate to their age.

- Summarize with these points:

A helping may be more or less than a serving.

All the values given on a food label change when the amount actually eaten differs from the stated serving size.

### 3. Using % Daily Values

#### Goal

Participants will learn what "% Daily Value" means and how to use the values given on food labels.

#### Presentation

- Audience: 12- to 18-year olds (intermediate and senior 4-H'ers)
- Materials needed:
  - Nutrition Facts* sample label poster
  - Copies of *Learning about Daily Values* fact sheet
- What to say and do:
  - Display the *Nutrition Facts* sample label poster.
  - Distribute *Learning about Daily Values* fact sheets.
  - Discuss fact sheet.
  - Ask participants to find the % Daily Value column.
  - Ask participants to identify the nutrients that have a % Daily Value of 5% or less.
  - Ask participants to identify the nutrients that have a % Daily Value of 20% or more.
- Summarize with these points:
  - % Daily Value is a new tool that can help us make healthful food choices.
  - The numbers compare the amount of nutrients in one serving of the labeled food to the amount of nutrients needed by a person who eats 2,000 calories daily.
  - Products that have 5 % or less of certain nutrients are low in those nutrients.
  - Products that have 20% or more of certain nutrients are high in those nutrients.

#### Activity

- Audience: 9- to 18-year olds (junior, intermediate and senior 4-H'ers)
- Materials needed:
  - Pencils
  - Copies of *Learning About Daily Values* worksheet
  - Answer sheet
- What to say and do:
  - If possible, plan activity to follow presentation.
  - Distribute pencils and worksheets.
  - Allow time for individuals to answer questions.
  - Review answers using answer sheet.
- Summarize with these points:
  - % Daily Value is a new tool that can help us make healthful food choices.
  - The numbers compare the amount of nutrients in one serving of the labeled food to the amount of nutrients needed by a person who eats 2,000 calories daily.

# Are You Ready for New Food Labels? (worksheet)

Read the label and answer these questions:

What is one serving? \_\_\_\_\_

How many servings per container? \_\_\_\_\_

How many calories will you get from one serving? \_\_\_\_\_

How many calories come from fat? \_\_\_\_\_

How many mg (milligrams) of sodium does this food contain? \_\_\_\_\_

What % Daily Value does carbohydrate contribute to a 2,000 calorie diet? \_\_\_\_\_

If you were following a 2,000 calorie diet, what is your maximum daily sodium intake? \_\_\_\_\_

What % of vitamin C recommendation does this food contain? \_\_\_\_\_

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories 90	Calories from Fat 30
-------------	----------------------

% Daily Value\*

Total Fat 3 g	5%
---------------	----

Saturated Fat 0g	0%
------------------	----

Cholesterol 0mg	0%
-----------------	----

Sodium 300mg	13%
--------------	-----

Total Carbohydrate 13g	4%
------------------------	----

Dietary Fiber 3g	12%
------------------	-----

Sugars 3g	
-----------	--

Protein 3g	
------------	--

Vitamin A 80%	• Vitamin C 60%
---------------	-----------------

Calcium 4%	• Iron 4%
------------	-----------

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000	2,500
-----------------	-------

Total Fat	Less than 65g	80g
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Sat Fat	Less than 20g	25g
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Cholesterol	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carbohydrate	300g	375g
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Dietary Fiber	25g	30g
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Calories per gram		
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Fat 9 • Carbohydrate 4 • Protein 4

Introducing the Nutrition Facts Food Label to Youth Audiences

NCR 562 | February 1995

# Are You Ready for New Food Labels? (worksheet)

Read the label and answer these questions:

What is one serving? \_\_\_\_\_

How many servings per container? \_\_\_\_\_

How many calories will you get from one serving? \_\_\_\_\_

How many calories come from fat? \_\_\_\_\_

How many mg (milligrams) of sodium does this food contain? \_\_\_\_\_

What % Daily Value does carbohydrate contribute to a 2,000 calorie diet? \_\_\_\_\_

If you were following a 2,000 calorie diet, what is your maximum daily sodium intake? \_\_\_\_\_

What % of vitamin C recommendation does this food contain? \_\_\_\_\_

## Nutrition Facts

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Calories 90	Calories from Fat 30
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Total Fat 3 g	5%
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Cholesterol 0mg	0%
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Sodium 300mg	13%
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Total Carbohydrate 13g	4%
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Dietary Fiber 3g	12%
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Sugars 3g	
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Protein 3g	
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Vitamin A 80%	• Vitamin C 60%
---------------	-----------------

Calcium 4%	• Iron 4%
------------	-----------

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000	2,500
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Total Fat	Less than 65g	80g
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Sat Fat	Less than 20g	25g
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Cholesterol	Less than 300mg	300mg
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Total Carbohydrate	300g	375g
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Dietary Fiber	25g	30g
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Calories per gram		
-------------------	--	--

Fat 9 • Carbohydrate 4 • Protein 4

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# Are You Ready for New Food Labels? (answer sheet)

Read the label and answer these questions:

What is one serving? 1 cup (228g)

How many servings per container? 2

How many calories will you get from one serving? 90

How many calories come from fat? 30

How many mg (milligrams) of sodium does this food contain? 300

What % Daily Value does carbohydrate contribute to a 2,000 calorie diet? 4%

If you were following a 2,000 calorie diet, what is your maximum daily sodium intake? less than 2,400 mg

What % of vitamin C recommendation does this food contain? 60%

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories	90	Calories from Fat	30
----------	----	-------------------	----

% Daily Value\*

Total Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	300mg	13%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	3g	

Vitamin A	80%	•	Vitamin C	60%
Calcium	4%	•	Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
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Dietary Fiber		25g	30g
Calories per gram			

Fat 9 • Carbohydrate 4 • Protein 4

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# Are You Ready for New Food Labels? (answer sheet)

Read the label and answer these questions:

What is one serving? 1 cup (228g)

How many servings per container? 2

How many calories will you get from one serving? 90

How many calories come from fat? 30

How many mg (milligrams) of sodium does this food contain? 300

What % Daily Value does carbohydrate contribute to a 2,000 calorie diet? 4%

If you were following a 2,000 calorie diet, what is your maximum daily sodium intake? less than 2,400 mg

What % of vitamin C recommendation does this food contain? 60%

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories	90	Calories from Fat	30
----------	----	-------------------	----

% Daily Value\*

Total Fat	3 g	5%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	300mg	13%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	3g	

Vitamin A	80%	•	Vitamin C	60%
Calcium	4%	•	Iron	4%

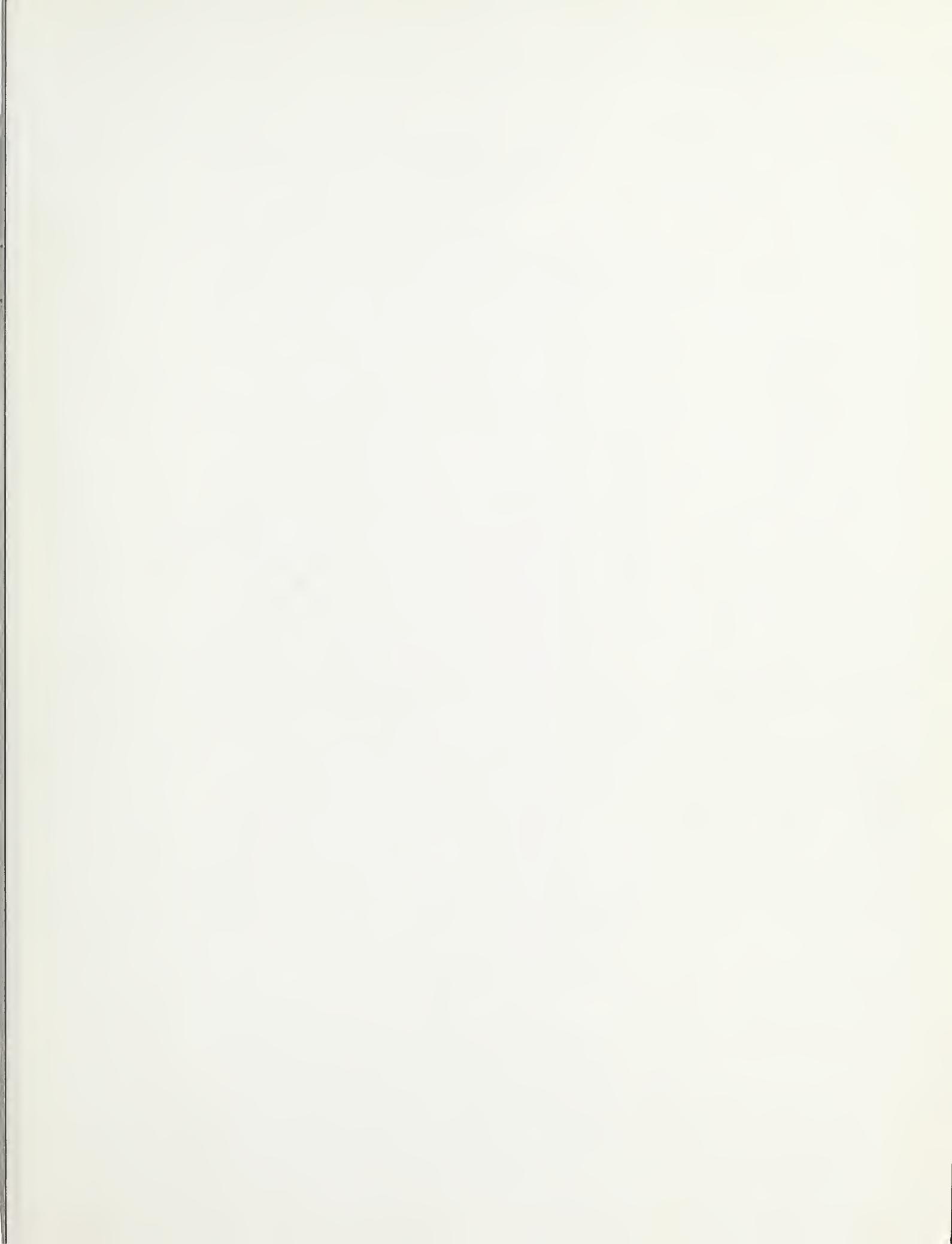
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			

Fat 9 • Carbohydrate 4 • Protein 4

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The new title "Nutrition Facts" signals the new label.

Serving sizes are based on amounts people actually eat.

# Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

## Amount Per Serving

**Calories** 90

Calories from Fat 30

% Daily Value\*

**Total Fat** 3 g

5%

Saturated Fat 0g

0%

**Cholesterol** 0mg

0%

**Sodium** 300mg

13%

**Total Carbohydrate** 13g

4%

Dietary Fiber 3g

12%

Sugars 3g

**Protein** 3g

**Vitamin A** 80%

**Vitamin C** 60%

**Calcium** 4%

**Iron** 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

% Daily Value shows how a food fits into a 2,000 calorie reference diet.

You can use % Daily Value to compare foods and see how the amount of a nutrient in serving of food fits in a 2,000 calorie reference diet.

Some labels list the daily values for a daily diet of 2,000 and 2,500 calories. Your own nutrient needs may be less than or more than the Daily Values on the label.

Some labels tell the approximate number of calories in a gram of fat, carbohydrate, and protein.



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# New Food Labels Are Here!

The new food label can be found on food packages in your supermarket. Reading the label tells more about the food and what you are getting. What you see on the food label—the nutrition and ingredient information—is required by the government.

This brochure shows what the new label looks like and explains some of its new features.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 90      Calories from Fat 30

	Amount Per Serving	% Daily Value*
<b>Total Fat</b> 3g	5%	
Saturated Fat 0g	0%	
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 300mg	13%	
<b>Total Carbohydrate</b> 13g	4%	
Dietary Fiber 3g	12%	
Sugars 3g		
<b>Protein</b> 3g		
Vitamin A 80%	• Vitamin C 60%	
Calcium 4%	• Iron 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## Nutrition Facts Title

The new title "Nutrition Facts" signals the new label.

## Serving Size

Similar food products now have similar serving sizes. This makes it easier to compare foods. Serving sizes are based on amounts people actually eat.

## New Label Information

Some label information may be new to you. The new nutrient list covers those most important to your health. You may have seen this information on some old labels, but it is now required.

## Vitamins and Minerals

Only two vitamins, A and C, and two minerals, calcium and iron, are required on the food label. A food company can voluntarily list other vitamins and minerals in the food.

## Label Numbers

Numbers on the nutrition label may be rounded for labeling.

## Why do some food packages have a short or abbreviated nutrition label?

Foods that have only a few of the nutrients required on the standard label can use a short label format. What's on the label depends on what's in the food. Small- and medium-sized packages with very little label space can also use a short label.

## % Daily Value

% Daily Value shows how a food fits into a 2,000 calorie reference diet.

You can use % Daily Value to compare foods and see how the amount of a nutrient in a serving of food fits in a 2,000 calorie reference diet.

## Daily Values Footnote

Daily Values are the new label reference numbers. These numbers are set by the government and are based on current nutrition recommendations.

Some labels list the daily values for a daily diet of 2,000 and 2,500 calories. Your own nutrient needs may be less than or more than the Daily Values on the label.

## Calories Per Gram Footnote

Some labels tell the approximate number of calories in a gram of fat, carbohydrate, and protein.

# Learning About Daily Values

## What are Daily Values?

Daily Values are the new label reference numbers. These values are set by the government and are based on current nutrition recommendations. Some labels list the daily values for 2,000 and 2,500 calorie reference diets at the bottom.

## What is Percent Daily Value?

The % Daily Value gives a general idea of a food's nutrient contributions to a 2,000 calorie reference diet.

## How can I use % Daily Value?

You can use % Daily Value to compare foods quickly and see how the amount of a nutrient in a serving of foods fits in a 2,000 calorie reference diet. For example, you can use % Daily Value to see how much dietary fiber is in a serving of food compared to other food products and compared to a 2,000 calorie reference diet.

You also can use % Daily Value to see if your diet fits within current nutrition recommendations. Let's say you eat 2,000 calories a day. If your total % Daily Value for dietary fiber in all the foods you eat in one day adds up to 100 percent, your diet fits within the recommendations for fiber. Likewise, if the total % Daily Value for fat in all the foods you eat in one day adds up to 100 percent or less, your diet fits within the recommendations for fat.

You can add % Daily Value for any calorie level. If you eat 1,600 calories, your total % Daily Value for a single nutrient (fat, saturated fat, carbohydrate, fiber, or protein) in all the foods you eat in one day can add up to *80 percent*. If you eat 2,800 calories, your total % Daily Value for each nutrient in all the foods you eat in one day can add up to *140 percent*.

You can use % Daily Value to see what a serving of food contains compared to a 2,000 calorie reference diet. See the information below.



### % Daily Value, Fat

The % Daily Value shows how the amount of fat in a serving of this food compares to 65 grams, the Daily Value for fat for a 2,000 calorie reference diet.

### % Daily Value, Cholesterol

The % Daily Value shows how the amount of cholesterol in a serving of this food compares to 300 milligrams, the Daily Value for cholesterol for all calorie levels.

### % Daily Value, Dietary Fiber

The % Daily Value shows how the amount of dietary fiber in a serving of this food compares to 25 grams, the Daily Value for fiber for a 2,000 calorie reference diet.

### % Daily Value, Vitamin C

The % Daily Value shows how the amount of vitamin C in a serving of this food compares to 60 milligrams, the Daily Value for vitamin C for all calorie levels.

## Learning About Daily Values (worksheet)

Answer these questions from the label: (assume you need 2,000 calories a day)

What % of daily value does one serving of this food contribute to:

... the amount of total fat you eat in a day? \_\_\_\_\_

... the amount of cholesterol you eat in a day? \_\_\_\_\_

... the total amount of carbohydrates you eat in a day? \_\_\_\_\_

What % does one serving of this food contribute to calcium? \_\_\_\_\_

What % does one serving of this food contribute to iron? \_\_\_\_\_

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories	260	Calories from Fat	120
----------	-----	-------------------	-----

% Daily Value\*

Total Fat	13 g	20%
-----------	------	-----

Saturated Fat	5g	25%
---------------	----	-----

Cholesterol	30mg	10%
-------------	------	-----

Sodium	660mg	28%
--------	-------	-----

Total Carbohydrate	31g	10%
--------------------	-----	-----

Dietary Fiber	0g	0%
---------------	----	----

Sugars	5g	
--------	----	--

Protein	5g	
---------	----	--

Vitamin A	4%	• Vitamin C	2%
-----------	----	-------------	----

Calcium	15%	• Iron	4%
---------	-----	--------	----

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than	65g	80g
-----------	-----------	-----	-----

Sat Fat	Less than	20g	25g
---------	-----------	-----	-----

Cholesterol	Less than	300mg	300mg
-------------	-----------	-------	-------

Sodium	Less than	2,400mg	2,400mg
--------	-----------	---------	---------

Total Carbohydrate	300g	375g
--------------------	------	------

Dietary Fiber	25g	30g
---------------	-----	-----

Calories per gram		
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Fat 9 • Carbohydrate 4 • Protein 4

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## Learning About Daily Values (worksheet)

Answer these questions from the label: (assume you need 2,000 calories a day)

What % of daily value does one serving of this food contribute to:

... the amount of total fat you eat in a day? \_\_\_\_\_

... the amount of cholesterol you eat in a day? \_\_\_\_\_

... the total amount of carbohydrates you eat in a day? \_\_\_\_\_

What % does one serving of this food contribute to calcium? \_\_\_\_\_

What % does one serving of this food contribute to iron? \_\_\_\_\_

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories	260	Calories from Fat	120
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% Daily Value\*

Total Fat	13 g	20%
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Total Carbohydrate	31g	10%
--------------------	-----	-----

Dietary Fiber	0g	0%
---------------	----	----

Sugars	5g	
--------	----	--

Protein	5g	
---------	----	--

Vitamin A	4%	• Vitamin C	2%
-----------	----	-------------	----

Calcium	15%	• Iron	4%
---------	-----	--------	----

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than	65g	80g
-----------	-----------	-----	-----

Sat Fat	Less than	20g	25g
---------	-----------	-----	-----

Cholesterol	Less than	300mg	300mg
-------------	-----------	-------	-------

Sodium	Less than	2,400mg	2,400mg
--------	-----------	---------	---------

Total Carbohydrate	300g	375g
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Dietary Fiber	25g	30g
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Calories per gram		
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Fat 9 • Carbohydrate 4 • Protein 4

Introducing the Nutrition Facts Food Label to Youth Audiences

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# Learning About Daily Values (answer sheet)

Read the label and answer these questions: (assume you need 2,000 calories a day)

What % of daily value does one serving of this food contribute to:

...the amount of total fat you eat in a day? 20%

... the amount of cholesterol you eat in a day? 10%

...the total amount of carbohydrates you eat in a day? 10%

What % does one serving of this food contribute to calcium? 15%

What % does one serving of this food contribute to iron? 4%

## Nutrition Facts

Serving Size 1 cup (228 g)

Servings Per Container 2

### Amount Per Serving

Calories	260	Calories from Fat	120
----------	-----	-------------------	-----

% Daily Value\*

Total Fat	13 g	20%
-----------	------	-----

Saturated Fat	5g	25%
---------------	----	-----

Cholesterol	30mg	10%
-------------	------	-----

Sodium	660mg	28%
--------	-------	-----

Total Carbohydrate	31g	10%
--------------------	-----	-----

Dietary Fiber	0g	0%
---------------	----	----

Sugars	5g	
--------	----	--

Protein	5g	
---------	----	--

Vitamin A	4%	• Vitamin C 2%
-----------	----	----------------

Calcium	15%	• Iron 4%
---------	-----	-----------

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Calories per gram		
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Fat 9 • Carbohydrate 4 • Protein 4

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Fat 9 • Carbohydrate 4 • Protein 4

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## Serving Sizes Activity Sheet

### Using the Nutrition Facts Food Labels

1. Fill in the table for the serving sizes you chose and measured out:

	Your Serving Size	Label Serving Size
Cereal	_____	_____
Juice	_____	_____
Snack or chips	_____	_____
Milk	_____	_____

2. How does your serving size compare with the serving size on the label for each food?

Cereal -

Juice -

Snack or chips -

Milk -

Keep in mind that if your serving is twice the size of the size on the label, you're getting twice the nutrients. If your serving is half as big, remember you're getting half the nutrients.

**—Juniors may stop here—**

3. Choose one of the foods from above and calculate the amounts of the nutrients in the serving size you measured out.

	Label Serving Size	Your Serving Size
Calories	_____	_____
Total Fat	_____ g.	_____ g.
Saturated Fat	_____ g.	_____ g.
Cholesterol	_____ mg.	_____ mg.
Sodium	_____ mg.	_____ mg.
Total Carbohydrate	_____ g.	_____ g.
Dietary Fiber	_____ g.	_____ g.

**—Intermediates may stop here—**

4. How is your diet affected by any difference between your chosen serving size and the standard serving size listed on the label?

5. What health risks or benefits might you have because of the serving size you choose?

**Answer Guide**  
(for serving sizes activity sheet)

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Note to activity leader:

The answers given here are *examples* of answers that may be appropriate for questions 4 and 5.

4. How is your diet affected by any difference between your chosen serving size and the standard serving size listed on the label?

- \* If I choose twice as much food, I get twice the calories and twice the amount of the nutrients listed on the label.
- \* If I choose half as much food, I eat only half the calories as well as half of the amount of nutrients given on the label.
- \* If the food I choose is high in fat and I eat a double portion size, I get a very large amount of fat. I may need to restrict my fat and calorie intake for the rest of the day.
- \* If I depend on orange juice as an important source of vitamin C and I don't drink a full serving, I will need to eat other sources of vitamin C during the day.

I need to keep information like this in mind when I choose other foods to eat during the day. I can use the **Food Guide Pyramid** to help me decide how many servings of each food group I need in the day and to plan how to select foods that will give me a "balanced" diet.

*These are just examples of some of the answers for this question.*

5. What health risks or benefits might you have because of the serving size you choose?

There are many ways to answer this question. Some of the nutrients that youth may highlight are the risks of too much fat, sodium, cholesterol or sugar and the health risks associated with that. (They could include heart disease, high blood pressure, obesity, some types of cancer...) The benefits of eating a low-fat diet, a moderate sodium diet, and a balanced diet may be better for overall health and decreased risk for the diseases listed above.

Eating too many calories may lead to overweight and health risks associated with that. (Heart disease, high blood pressure, diabetes, lower quality of life...)

Other answers might be that: (*and these are only examples...*)

increased fiber in the diet may mean a lower incidence of some forms of cancer  
adequate calcium intake can guard against osteoporosis  
adequate iron intake prevents anemia

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